

## HOMESCHOOL PROGRAM

### Homeschool History (Ages 6-10) (4 classes)

Join us for homeschooler's history. Each week includes a story with craft relating to history. Source: "The Story of the World: History for the Classical Child" by Susan Wise Bauer.

**Session I:** Thurs., 10:30-11:30 a.m., Sept. 9-30 (#12089)

**Session II:** Thurs., 10:30-11:30 a.m., Oct. 7-28 (#12090)

**Session III:** \*Thurs., 10:30-11:30 a.m., Nov. 4-Dec. 9 (#12091)

**Location:** Friendship Center, Room 112

**Fee:** \$42R/\$45NR/\$35M (\*extra class)

**Stay for Lunch: 11:30-12 noon (not included)**

### Simple Science: Science-What is it? (Ages 6-10)

Science is a part of everything. Students will make observations, predictions, measurements and hypotheses, perform experiments and draw conclusions.

**Session I:** Thurs., 12-1 p.m., Sept. 9-30 (#12086)

**Session II:** Thurs., 12-1 p.m., Oct. 7-28 (#12087)

**Session III:** \*Thurs., 12-1 p.m., Nov. 4-Dec. 9 (#12088)

**Location:** Friendship Center, Room 112

**Fee:** \$42R/\$45NR/\$35M (\*extra class)

## YOUTH AND TEEN

### Kids Zumba w/Lynn (Ages 8-12) Big Starz

**Dates:** Mon., 5:30-6:15 p.m., Sept. 27-Nov. 15 (#11931)

Wed., 5:30-6:15 p.m., Sept. 29-Nov. 17 (#11932)

**Location:** Friendship Center, East Annex

**Fee:** \$33R/\$35NR/\$26M

### Magic Passing (Ages 5-14) (8 classes) w/Findaballer

Work on your passing skills.

**Dates:** Mons., 6-7:30 p.m., Sept. 27-Nov. 15

**Location:** Friendship Center, Gym #3

**Fee:** \$67R/\$70NR/\$56M (#11935)

### All Star Dribbling (Ages 5-14) (8 classes) w/Findaballer

Become a great dribbler.

**Dates:** Sat., 11:30-1 p.m., Oct. 2-Nov. 20

**Location:** Friendship Center, Gym #3

**Fee:** \$67R/\$70NR/\$56M (#11936)

### Sharp Shooters (Ages 5-14) (8 classes) w/Findaballer

Work on basketball shooting techniques.

**Dates:** Sun., 4:30-6 p.m., Sept. 26-Nov. 14

**Location:** Friendship Center, Gym #3

**Fee:** \$67R/\$70NR/\$56M (#11934)

## YOUTH AND TEEN

### Intro to Tae Kwon Do (Ages 6-12) (6 classes)

Geared to develop basic techniques as well as self-defense, focus, listening skills, leadership, following directions along with fun and discipline.

**Dates:** Tues., 6:15-7 p.m., Sept. 28-Nov. 2

**Location:** Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

**Fee:** \$47R/\$52NR (#11912)

### In-Line Hockey League

A seven week instructional league. Games on Sunday and practice on Mon., Tues., or Wed. Begins Aug. 22-Opening day, come ready to play.

#### Divisions:

11 & Under: August 22-Oct. 17, Sunday 2:30 p.m. (#11764)

17 & Under: August 22-Oct. 17, Sunday 4:30 p.m. (#11763)

**Location:** George Park In-Line Hockey

**Fee:** \$75R/\$80NR

### Individual Basketball Instruction w/Findaballer (6-40 minute lessons)

Instructors available to provide individual or group personal instruction.

**Dates:** By arrangement, registrants will be contacted.

**Location:** Friendship Center, Gym

**Private:** \$190R/\$195NR/\$165M per person (#12060)

**\*Semi-Private (max two):** \$135R/\$140NR/\$115M per person (#12056)

**\*Group-Private (class of 3-4):** \$84R/\$87NR/\$70M per person (#12055) (\*must register as group.)

### Ultra Sports w/Overtime Athletics (Ages 5-8) (6 classes)

Love to play sports? Different sport each week: basketball, soccer, flag football, kickball, capture the flag, tag games and more! Team work, sportsmanship and fitness, all while having fun!

**Dates:** Mon., 4:30-5:15 p.m., Sept. 20-Oct. 25

**Location:** Friendship Center, Gym #1/Outside

**Fee:** \$65R/\$68NR/\$55M (#12067)

### Youth Bowling Instruction (Ages 6-12) (6 classes)

Basics of bowling along with fun games.

**Dates:** Wed., Sept. 29-Nov. 3, 4:15-5:15 p.m.

**Location:** ABC Bowling

Lanes, Locust Lane

**Fee:** \$30R/\$35NR (#11987)



## YOUTH AND TEEN (CONT.)

### American Red Cross Babysitting Certification (Ages 11 and up)

Must attend all classes and pass test. Certified sitters' names may be kept on file for future sitter references. Good for kids home alone!

A. Fridays, 6-9 p.m., Oct. 22, 29, Nov. 5 (#11894)

(Test: Thurs., Nov. 11 at 7-8:30 p.m.)

B. Saturdays, 9 a.m.-noon, Oct. 23, 30, Nov. 6 (#11895)

(Test: Thurs., Nov. 11 at 7-8:30 p.m.)

Location: Friendship Center, Room 109

Fee: \$55R/\$60NR/\$44M

### Basketball Clinic w/Coach Stokes (8 classes) (Ages 6-9)

Learn the fundamentals and play game situations.

Dates: Tues., 4:30-6 p.m., Sept. 28-Nov. 16

Location: Friendship Center, Gym #3

Fee: \$84R/\$89NR/\$70M (#12075)

### Strikers Soccer w/Ricardo (Ages 6-9) (4 classes)

Instructional program for beginner to intermediate players (including next-level Smurfs). Multiple aspects of game.

Dates: Tues., 6:55-7:40 p.m., Sept. 21-Oct. 12 (#11994)

Tues., 6:55-7:40 p.m., Nov. 2-23 (#11995)

Location: Friendship Center, Gym #3

Fee: \$56R/\$59NR/\$46M

### PADI Discover Scuba (12+)

Intro to scuba in a highly supervised manner. Learn dive safety and equipment. Give it a try w/Ron Willis.

Date: Saturday, September 25, 1-3 p.m.

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (#11933)

### Flag Football w/Overtime Athletics (Ages 8-12) (6 classes)

Learn to pass, catch, run routes and punt like pros. Practice these skills playing fun activities and scrimmages.

Dates: Mon., 5:15-6 p.m., Sept. 20-Oct. 25

Location: Friendship Center, Gym #1/Outside

Fee: \$65R/\$68NR/\$55M (#12070)



### Jr. Tennis Camp (4 classes) (Ages 5-7)

Dates: Mon.-Thurs., Aug. 16-19, 9:15-10 a.m.

Location: Brightbill Park (rain make-ups on Fridays)

Fee: \$32R/\$36NR (#11317)

### Jr. Beginner Tennis Camp (4 classes) (Ages 8-14)

Dates: Mon.-Thurs., Aug. 16-19, 10-11 a.m. (#11329)

Location: Brightbill Park

Fee: \$36R/\$39NR (rain make-ups on Fridays)

### Jr. Advanced Beginner Tennis Camp (4 classes) (Ages 10-15)

Dates: Mon.-Thurs., Aug. 16-19, 11 a.m.-12 p.m. (#11323)

Fee: \$36R/\$39NR

Location: Brightbill Park (rain make-up on Fridays)

### Cardio Tennis w/Ricardo (Ages 6-9) (4 classes)

Move to the ball in a high energy circuit. Covers sport basics and includes challenge games. Players must bring racquet.

Dates: Tues., 4:20-5:05 p.m., Sept. 21-Oct. 12 (#11976)

Tues., 4:20-5:05 p.m., Nov. 2-23, (#11977)

Location: Brightbill Park

Fee: \$46R/\$49NR

### Lacrosse w/Overtime Athletics (Ages 7-12) (6 classes)

NEW

Experienced coaches will teach skills to learn the game: cradling, passing and catching, scooping, shooting and defense. Play fun learning games. Equipment provided.

Dates: Sat., 4-5 p.m., Sept. 25-Oct. 30

Location: Friendship Center, Gym #1/Outside

Fee: \$77R/\$80NR/\$65M (#12072)

### Basketball Clinic w/Coach Stokes (8 classes) (Ages 10-13)

Learn the fundamentals and play game situations.

Dates: Thurs., 4:30-6 p.m., Sept. 30-Nov. 18

Location: Friendship Center, Gym #3

Fee: \$84R/\$89NR/\$70M (#12076)

## NEED A BABYSITTER?

Call 657-5635 for a list of sitters who have passed the Red Cross Babysitting Certification class.

## YOUTH/TEEN (CONT.)

### Kids Crop w/Michele (Ages 5-15)

Bring 13 photos of a scene or event (birthday parties, friends) and go home with a completed paper album.

**Date:** Saturday, September 25, 10 a.m.-noon

**Location:** Friendship Center, Conf. Room

**Fee:** \$32R/\$35NR/\$25M (#11975)

### Practice SAT's w/Sylvan Learning Center (Ages 13+)

Learn what to expect when taking the SAT's. Join us for a practice. Students receive scores and an analysis showing strengths and weaknesses.

**Date:** Saturday, August 21, 9 a.m.-12:45 p.m. (#11760)

**Location:** Friendship Center, Room 109

**Fee:** \$5R/\$8NR/Free to Members! Must pre-register!

### Fitness, Food and Fun w/Montgomery Wheel of Life (Ages 10-17) (4 classes)

The Youth NutriFMT® Program is designed to help young adults improve their overall fitness and health. Children will receive functional movement training, nutritional knowledge for making better life-time food choices and a foundation towards a healthier lifestyle. Individualized nutritional guidelines and workouts for each specific client. (ages separated accordingly).

**Dates:** Mon.-Thurs., Aug. 16-19, 10 a.m.-12 p.m. (#11814) \*Register starting 8/1/10.

Mon.-Thurs., Aug. 23-26, 10 a.m.-12 p.m. (#11815)

**Location:** Friendship Center, Conference Room

**Fee:** \$95R/\$98R/\$85M

### Indoor Soccer League w/Coach Ricardo (Ages 4-14)

(Must be age 4 as of 9/1/10) Indoor soccer games played off the walls! Co-ed teams will be grouped according to age and ability. Individual players and teams may register. Shinguards required. Wear sneakers or indoor soccer shoes (no cleats).

Registration deadline: November 12, 2010

**Dates:** TBA (#12074)

**Location:** Sports City, 4141 Linglestown Rd.

**Fee:** TBA (Call 657-5635 ext. 113 to inquire for additional information)



Sleeping on the job!

## BODY PUMP/ZUMBA

### Body Pump™ (Ages 18+)

Exciting! The 50-60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for . . . and fast!

**Dates:** (1 day per week) (10 classes-50-60 min.)

\*Mon., 7:15-8:15 p.m., Sept. 27-Nov. 29 (#12011) (MJ)

\*Thurs., 7:30-8:30 p.m., Sept. 30-Dec. 9 (#12010) (MJ)

\*\*Fri., 9:30-10:30 a.m., Oct. 1-Dec. 3 (#12007) (J)

Fri., 5:40-6:30 a.m., Oct. 1-Dec. 3 (#12006) (MJ)

Sat., 9:15-10:15 a.m., Oct. 2-Dec. 4 (#12008) (MJ)

**Dates:** (2 days per week) (20 classes-50-60 min.)

Mon./Wed., 5:40-6:30 a.m., Sept. 27-Dec. 1 (#12051)

Mon./Wed., 9:30-10:30 a.m., Sept. 27-Dec. 1 (#12012)

**Location:** Friendship Center, Room 118 (\*East Annex) (\*\*Room 112)

**Fee:** (1 day) \$45R/\$48NR/\$35M;

(2 day) \$90R/\$96NR/\$70M

**Instructor Code:** (MJ) Mary Jo, (J) Julie

### Zumba™ (Ages 16+) (10 classes)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

**Date:**\*Mon., Sept. 27-Nov. 29, 4:30-5:30 p.m. (#12045) (C)

Mon., Sept. 27-Nov. 29, 10:30-11:15 a.m. (#12032) (M)

Tues., Sept. 28-Nov. 30, 6-7 a.m. (#12041) (L)

Tues., Sept. 28-Nov. 30, 9:15-10:15 a.m. (#12050) (TBA)

\*Tues., Sept. 28-Dec. 9, 6:30-7:30 p.m. (#12040) (M)

Wed., Sept. 29-Dec. 1, 10:30-11:30 a.m. (#2036) (A)

Wed., Sept. 29-Dec. 1, 4:30-5:30 p.m. (#12035) (C)

\*Wed., Sept. 29-Dec. 1, 7-8 p.m. (#12049) (Me)

Thurs., Sept. 30-Dec. 9, 9-10 a.m. (#12033) (J)

\*Thurs., Sept. 30-Dec. 9, 5:30-6:30 p.m. (#12034) (M)

\*Thurs., Sept. 30-Dec. 9, 6:30-7:30 p.m. (#12031) (L)

Fri., Oct. 1-Dec. 3, 9-10 a.m. (#12037) (A)

Fri., Oct. 1-Dec. 3, 10-11 a.m. (#12040) (M)

Sat., Oct. 2-Dec. 4, 8:15-9:15 a.m. (#12048) (L)

**Location:** Friendship Center, Room 118/\*East Annex

**Fee:** \$42R/\$45NR/\$34M

**Instructor Code:** (M) Monica, (A) Alicia, (C) Carol, (J) Joanie, (Me) Megan, (L) Lynn

